

## Laboratory Genetic Metabolic Diseases

### Protocol for the sample preparation of blood samples for the measurement of essential fatty acids (PUFAs) in erythrocytes and plasma

- Collect at least 1 ml of EDTA blood and centrifuge for 10 minutes at 1500-1700 x g
- Transfer the plasma (without disturbing the buffycoat) into a new tube suited for shipment
- Remove the buffycoat with a pipet
- Wash the erythrocyte pellet with 0.9% NaCl by adding at least the same volume of 0.9% NaCl as that of the erythrocyte fraction and mix carefully
- Centrifuge for 10 minutes at 1500-1700 x g
- Remove all supernatant using a pipet
- Store the plasma and erythrocytes at -20° C until shipment
- Within 21 days send the frozen samples on sufficient dry ice to our laboratory by (international) courier together with a completed test request form Metabolite Diagnostics (available at [www.labgmd.nl](http://www.labgmd.nl))